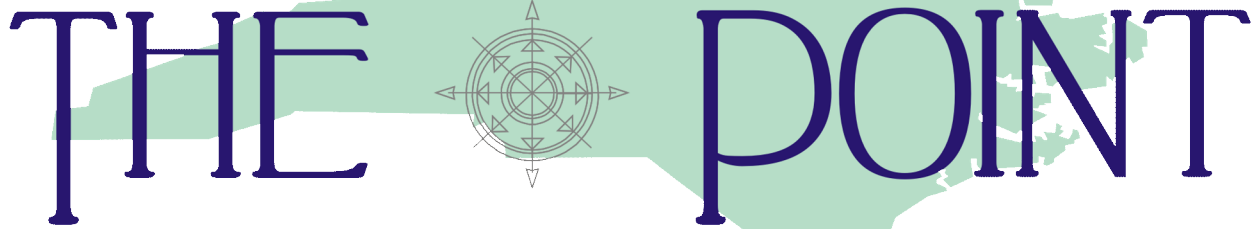


THE POINT



Volume XI, No. 9

<http://cpoint-www.med.navy.mil>

September, 2006

CO'S Corner

Hello! This is the first edition of "The Point". We intend to provide up to date information so that you know what we're doing at the hospital, and we would appreciate your sharing this information with all who may benefit from it. If you have questions or would like to see a topic covered, please call (252) 466-0396 or email kccundiff@nhcp.med.navy.mil. Thank you for allowing us to provide services that keep you healthy.

CAPT E.V. Valentin, MSC, USN

BRAC Update

The Naval Hospital is moving towards the ultimate requirement of shutting down inpatient services. Along the way, we will be making changes, some big, some smaller, which will provide us a more seamless transformation.

Beginning November 1, 2006, newly diagnosed pregnant females will be given the choice of where to deliver their babies. Babies due after July 1, 2007, will be delivered at one of three facilities: Naval Hospital Camp Lejeune, Craven Regional Medical Center, or Carteret General Hospital.

Currently, we are finalizing the content of a *New Mothers* class. The purpose of this class will be to educate Cherry Point mothers about their prenatal and birthing options once we close down our Labor and Delivery deck.

Watch The Point and the Windsock for additional details as they become available.

TRICARE and Back to School

Split enrollment gives you the opportunity to have your dependent college student enrolled in

one region while the rest of your family lives and is enrolled in a different region.

If you are an active duty family, transferring enrollment can occur as often as needed. You or your college student must complete a TRICARE Prime change request form to transfer enrollment locations. Go to www.tricare.osd.mil/enrollment/ for information on enrollment forms. Your student's enrollment in TRICARE Prime will automatically be renewed at the end of the 1-year enrollment period unless the renewal offer is declined.

Where's my PCM?

Presently, Naval Hospital Cherry Point has many providers and corpsmen deployed to the Middle East in support of Operation Iraqi Freedom. Their mission is to provide medical support to our deployed Marines and Sailors. If your primary care manager is deployed, you will temporarily be assigned to another provider to care for your medical needs and the needs of your family members.

Naval Hospital Cherry Point's mission is to continue to provide quality health care services while ensuring medical readiness.

Appointment Difficulties

During the past few months, it has been difficult to obtain an appointment because we have had fewer providers to serve you. Deployments and gaps due to summer moves are the reasons for this temporary decrease in appointments.

Naval Hospital Cherry Point knows how important it is to obtain an appointment in a reasonable amount of time, and how frustrating it is when you cannot get one. That's why we

have taken steps to help you get the healthcare you need. By adding work hours to several of the Family Care Clinics and rearranging work schedules, we have added an average of 260 new appointments per month.

The great news is that by mid-October, we anticipate the majority of our lost providers will be replaced and our appointment volume will be back to its pre-summer range.

Dear Benefits Betty,

"I am TRICARE Prime and I have been unable to schedule my yearly exam with the hospital gynecology clinic. Is there something else I can do?"

BB: Yes. Under the TRICARE Prime benefit, you are entitled to have an annual exam without a referral or authorization. Just locate a TRICARE network gynecologist and schedule an appointment.

Just remember that if you have to go back to that doctor for any reason related to your exam, you must first see your PCM to obtain a referral and authorization.

A Healthier You

The year's theme for National Cholesterol Month is "Know your cholesterol numbers — Know your risk — Give yourself some TLC."

To check their cholesterol status, all adults should have their cholesterol measured, know their cholesterol numbers and their risk for heart disease, and follow a heart-healthy lifestyle to lower their risk and keep it down.

According to the National Heart, Lung, and Blood Institute, using the food label will help you to choose a diet lower in saturated fat, cholesterol, and total fat. This activity will allow you to compare food labels between two foods and learn how to make selections that meet your dietary goals.

Not all foods come wrapped in packages with food labels (e.g., fresh fruits and vegetables, meat, chicken, fish, and shellfish.) Because of a regulation, the 20 most popular fruits, vegetables and fresh fish should have nutrient information displayed in the store, either in posters, charts or labels. This information can be found in the appropriate section of the store, such as the produce section of the fish counter. Also, many manufacturers and farmers are now

voluntarily providing nutrient information on their own products. Check out your grocery store for the nutrient content of these foods.

Health Education Lifestyle Management Services (HELMS) at the hospital offers classes to assist in staying healthy and lowering cholesterol. Call (252) 466-0921 for more information.

Word Search

D R T J V S T I T C H E S
E W H M V C S H E I G H T
M E E E B O N P K X R A Y
E I R D A M E H T X B C Y
H G M I N F R A W V C H G
N H O C D E D R G A L E D
U T M I A V L M O C B C O
R N E N G E I A K C L K C
S R T E E R H C P I O U T
E X E G L U C Y B N O P O
T A R C A S T J O E D Q R
V T E H E A R T B E A T K
M S T E T H O S C O P E V

BANDAGE	BLOOD	CAST
CHECKUP	DOCTOR	FEVER
HEARTBEAT	HEIGHT	MEDICINE
NURSE	PHARMACY	STETHOSCOPE
STITCHES	THERMOMETER	VACCINE
WEIGHT	XRAY	

Hospital Vitals

Appointment Line..... (252) 466.0291
Customer Service Line (252) 466.0367
Family Care Clinic.....M-F 0730-1630
Pediatric ClinicM-F 0730-1630
Evening ClinicM-F 1630-1800
PharmacyM-F 0800-1700
Pharmacy Retail Pick Ups..... 0800-2000
Administrative Offices.....M-F 0730-1630
Emergency Room.....24hrs / 7days
Laboratory HoursM-F 0730-1615